ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLEVEL2485.0)
- the NAME of the product (WESLO MOMENTUM 800 elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

WESLO is a registered trademark of ICON IP, Inc.

Part No. 228709 R0905A

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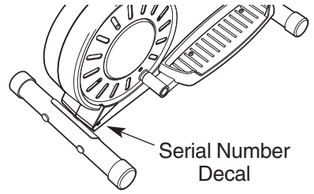
WESLO®
MOMENTUM 800

Model No. WLEVEL2485.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

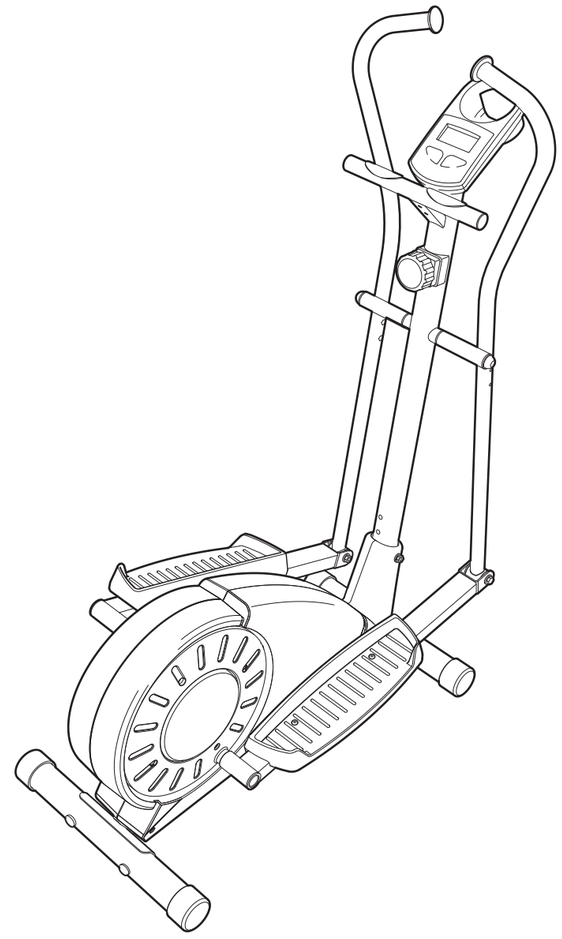
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at
www.iconeurope.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. **Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.**

2. **Use the elliptical exerciser only as described in this manual.**

3. **It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.**

4. **The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.**

5. **Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use the elliptical exerciser.**

6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**

7. **Keep children under the age of 12 and pets away from the elliptical exerciser at all times.**

8. **Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the elliptical exerciser. Always wear athletic shoes for foot protection.**

9. **The elliptical exerciser should not be used by persons weighing more than 115 kg (250 lbs.).**

10. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

11. **Always keep your back straight when using the elliptical exerciser; do not arch your back.**

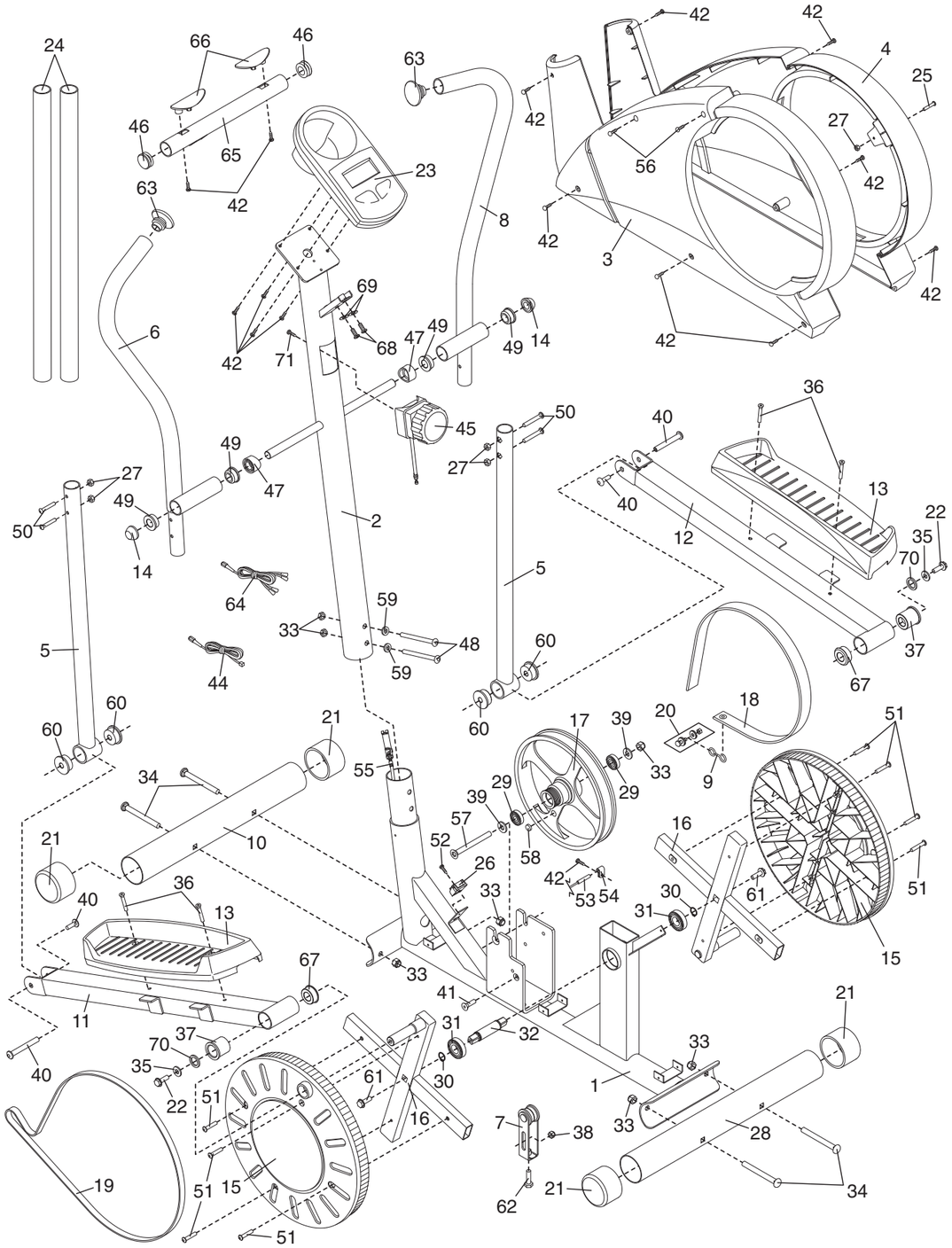
12. **If you feel pain or dizziness whilst exercising, stop immediately and cool down.**

13. **The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

EXPLODED DRAWING—Model No. WLEVEL2485.0

R0905A



PART LIST—Model No. WLEVEL2485.0

R0905A

Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Left Side Shield
4	1	Right Side Shield
5	2	Handlebar Arm
6	1	Left Handlebar
7	1	Idler Assembly
8	1	Right Handlebar
9	1	Hook
10	1	Front Stabiliser
11	1	Left Pedal Arm
12	1	Right Pedal Arm
13	2	Pedal
14	2	Axle Cap
15	2	Pedal Disc
16	2	Disc Crossbar
17	1	Flywheel
18	1	Resistance Strap
19	1	Drive Belt
20	1	Cable Clamp
21	4	Stabiliser Endcap
22	2	M10 x 25mm Patch Screw
23	1	Console
24	2	Handgrip
25	1	M6 x 18mm Bolt
26	1	Strap Clamp
27	5	M6 Nylon Locknut
28	1	Rear Stabiliser
29	2	Flywheel Bearing
30	2	Large Snap Ring
31	2	Large Bearing
32	1	Pedal Axle
33	7	M10 Nylon Locknut
34	4	M10 x 75mm Carriage Bolt
35	2	M10 Washer
36	4	M6 x 48mm Flat Head Screw
37	2	Pedal Arm Bushing
38	1	M8 Nylon Locknut
39	2	M10 Small Washer
40	2	Pedal Arm Bolt Set
41	1	M8 x 22mm Flat Head Screw
42	15	M4 x 16mm Screw
44	1	Upper Wire
45	1	Resistance Knob/Cable
46	2	Pulse Bar Endcap
47	2	Handlebar Spacer
48	2	M10 x 68mm Button Bolt
49	4	Small Handlebar Bushing
50	4	M6 x 38mm Button Bolt
51	8	M6 x 35mm Button Screw
52	1	M4 x 16mm Flat Head Screw
53	1	Reed Switch/Wire
54	1	Cable Clamp
55	1	Lower Cable
56	2	M4 x 25mm Screw
57	1	Flywheel Axle
58	1	Magnet
59	2	M10 Split Washer
60	4	Large Handlebar Bushing
61	2	5/16” x 25.4mm Hex Bolt
62	1	Idler Adjustment Bolt
63	2	Handlebar Endcap
64	1	Pulse Wire
65	1	Pulse Bar
66	2	Pulse Sensor
67	2	Narrow Pedal Arm Bushing
68	2	M8 x 16mm Button Screw
69	2	M8 Split Washer
70	2	Wave Washer
71	1	M5 x 16mm Flat Head Screw
#	1	Allen Wrench
#	1	Grease
#	1	User’s Manual

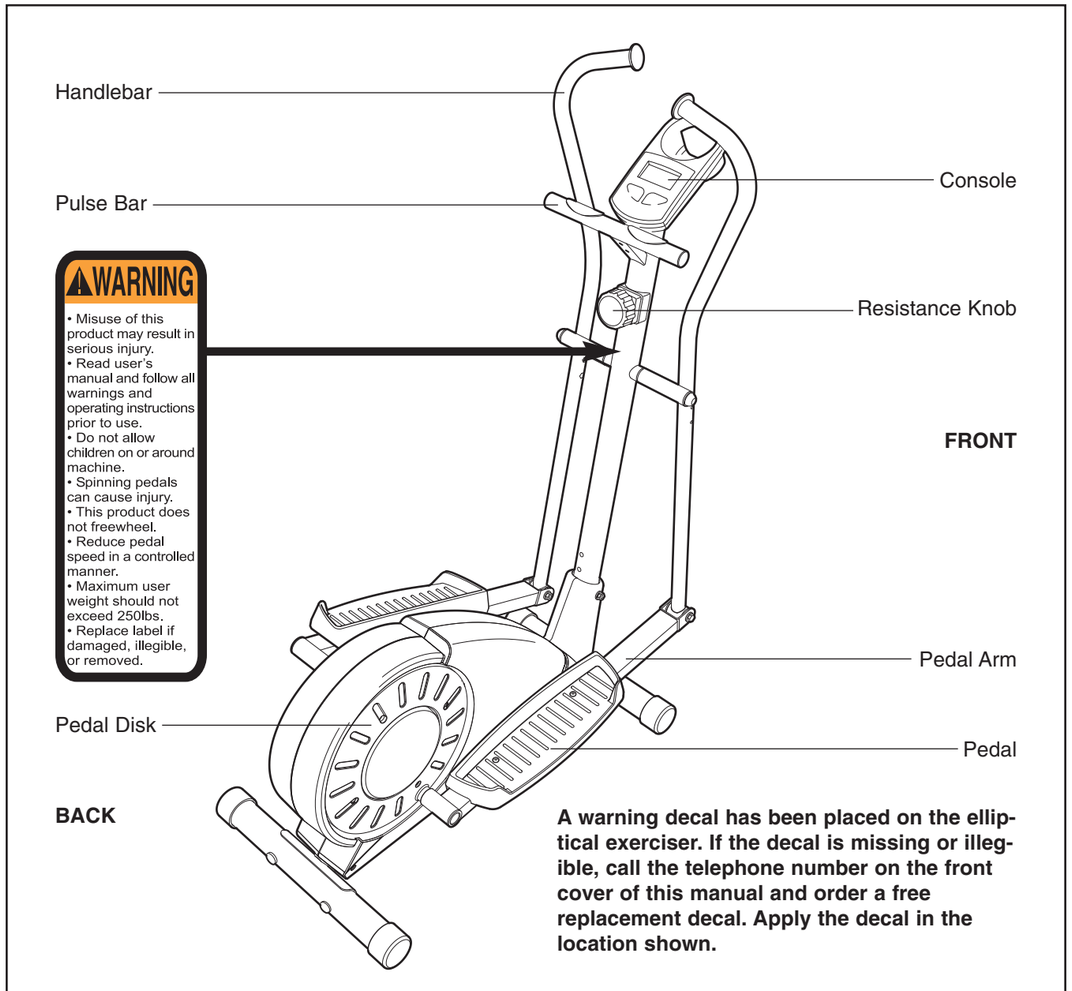
Note: # indicates a non-illustrated part. Specifications are subject to change without notice.

BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® MOMENTUM 800 elliptical exerciser. The MOMENTUM 800 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique MOMENTUM 800 features adjustable resistance and a simple-to-use console to help you get the most from your exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is WLEVEL2485.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

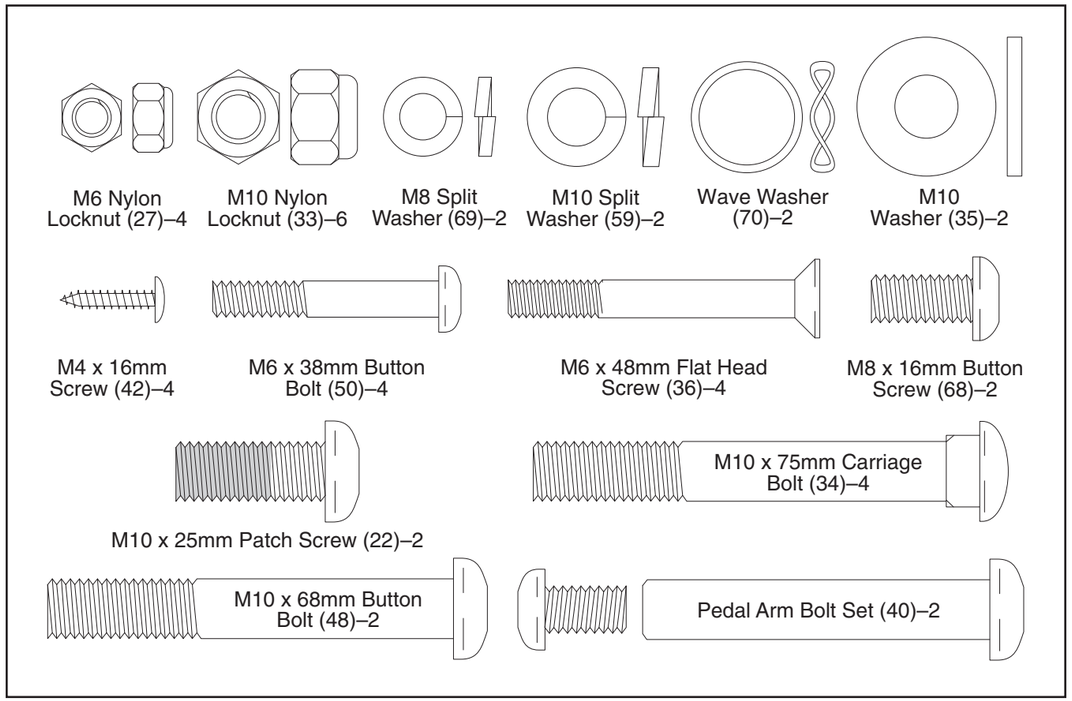

Handlebar
Pulse Bar
Console
Resistance Knob
FRONT
Pedal Arm
Pedal Disk
Pedal
BACK
WARNING
• Misuse of this product may result in serious injury.
• Read user’s manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Spinning pedals can cause injury.
• This product does not freewheel.
• Reduce pedal speed in a controlled manner.
• Maximum user weight should not exceed 250lbs.
• Replace label if damaged, illegible, or removed.

A warning decal has been placed on the elliptical exerciser. If the decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

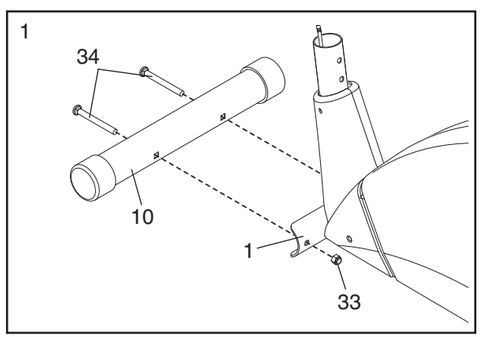
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included hex keys and your own Phillips screwdriver , adjustable wrench , and rubber mallet .**

Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**


M6 Nylon Locknut (27)–4
M10 Nylon Locknut (33)–6
M8 Split Washer (69)–2
M10 Split Washer (59)–2
Wave Washer (70)–2
M10 Washer (35)–2
M4 x 16mm Screw (42)–4
M6 x 38mm Button Bolt (50)–4
M6 x 48mm Flat Head Screw (36)–4
M8 x 16mm Button Screw (68)–2
M10 x 25mm Patch Screw (22)–2
M10 x 75mm Carriage Bolt (34)–4
M10 x 68mm Button Bolt (48)–2
Pedal Arm Bolt Set (40)–2

1. Identify the Front Stabiliser (10), which is narrower than the Rear Stabiliser (not shown). Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

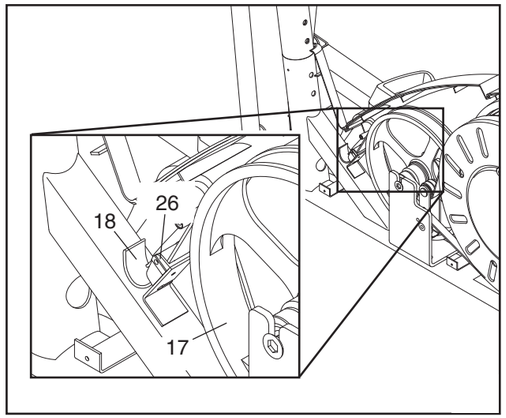
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

HOW TO ADJUST THE RESISTANCE STRAP

If the resistance knob is turned to the highest setting and there is not enough pedaling resistance, the resistance strap can be adjusted. To adjust the resistance strap, first remove the left side shield (see HOW TO ADJUST THE REED SWITCH on page 11).

Next, turn the resistance knob to the lowest setting. Open the Strap Clamp (26) and pull the end of the Resistance Strap (18) downward slightly. Close the Strap Clamp and turn the Flywheel (17) to make sure that there is not too much resistance.

When the resistance strap is properly adjusted, reattach the left side shield and the left pedal arm.



2. Whilst another person lifts the back of the Frame (1), attach the Rear Stabiliser (28) to the Frame with two M10 x 75mm Carriage Bolts (34) and two M10 Nylon Locknuts (33).

3. Whilst another person holds the Upright (2), remove the indicated fasteners from the Pulse Bar (65) and the Upright.

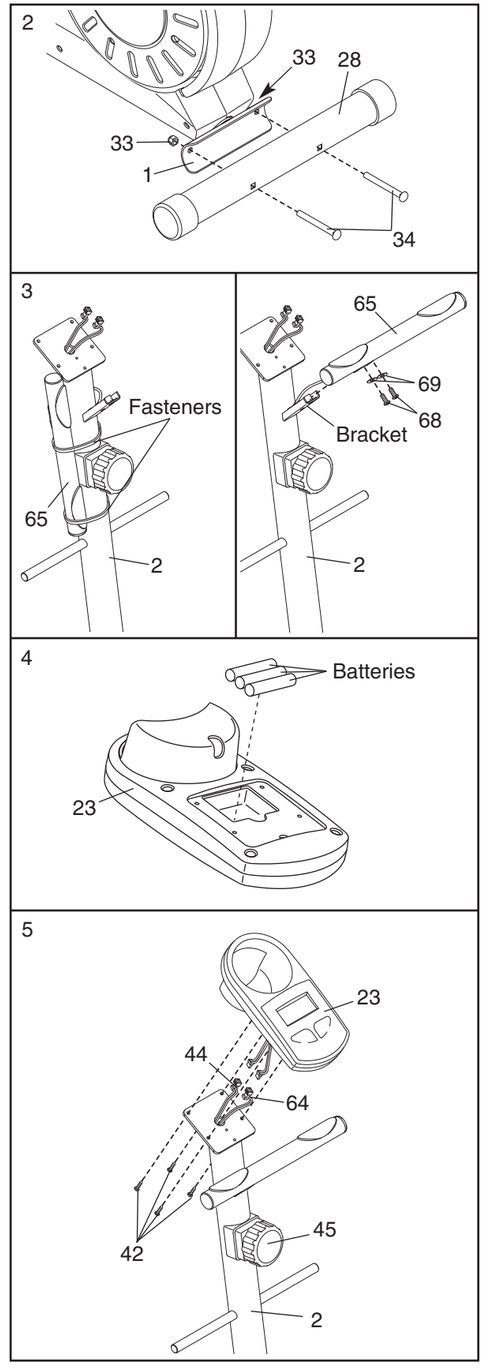
   Slide the Pulse Bar (65) onto the indicated bracket on the Upright (2). Attach the Pulse Bar with two M8 x 16mm Button Screws (68) and two M8 Split Washers (69). **Be careful to avoid pinching the wires.**

4. The Console (23) requires three “AA” batteries; alkaline batteries are recommended. Insert three batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.**

5. Whilst another person holds the Console (23) near the Upright (2), connect the wires extending from the Console to the Upper Wire (44) and the Pulse Wire (64). Insert the excess wiring into the Upright.

   Next, attach the Console (23) to the Upright (2) with four M4 x 16mm Screws (42). **Be careful to avoid pinching the wires.**

   Turn the Resistance Knob (45) counterclockwise to the lowest setting before going to the next step.



6. Whilst another person holds the Upright (2) near the Frame (1), connect the Speed Wire (44) to the Reed Switch Wire (53). Next, connect the Resistance Cable (63) to the Lower Cable (55) in the following way:

   • See drawing A. Pull up on the metal bracket on the Lower Cable (55), and insert the tip of the Resistance Cable (63) into the wire clip inside of the metal bracket.

   • See drawing B. **Firmly** pull the Resistance Cable (63) and slide it into the metal bracket on the Lower Cable (55) as shown.

   • See drawing C. Using pliers, squeeze together the prongs on the upper end of the metal bracket.

   Push the excess cable and wire down into the Frame (1). Slide the Upright (2) onto the Frame. **Be careful not to pinch the wires or cables.** Attach the Upright with two M10 x 68mm Button Bolts (48), two M10 Split Washers (59), and two M10 Nylon Locknuts (33). **Do not tighten the Button Bolts yet.**

7. Identify the Left Handlebar (6), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Arms (5); **make sure that the Handlebar Arm is turned so the hexagonal holes are on the indicated side**. Attach the Left Handlebar to the Handlebar Arm with two M6 x 38mm Button Bolts (50) and two M6 Nylon Locknuts (27). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not fully tighten the Button Bolts yet.**

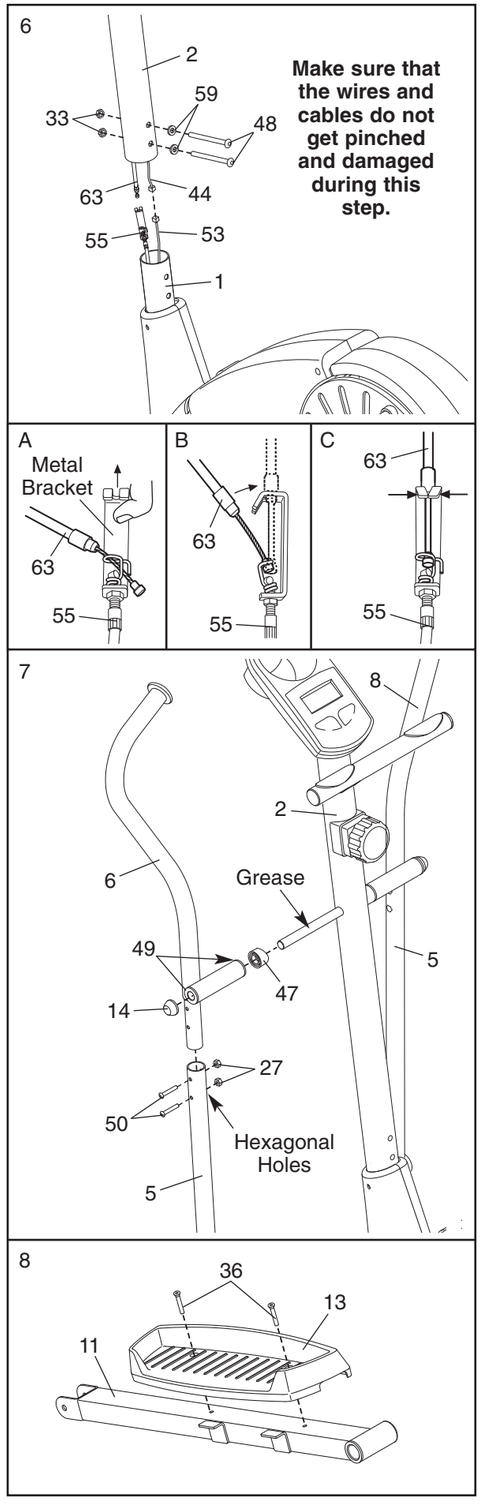
   Apply a small amount of the included grease to the left axle on the Upright (2).

   Make sure that there are two Small Handlebar Bushings (49) in the Left Handlebar (6). Slide a Handlebar Spacer (47) and the Left Handlebar onto the left axle on the Upright (2) as shown. **Make sure that the Handlebar Spacer is turned so the curved side is facing the Upright.** Tap an Axle Cap (14) onto the axle.

   Repeat this step to assemble the Right Handlebar (8) and the other Handlebar Arm (5).

8. Identify the Left Pedal Arm (11). Attach a Pedal (13) to the Left Pedal Arm with two M6 x 48mm Flat Head Screws (36).

   Attach the other Pedal to the Right Pedal Arm (not shown) in the same way.



MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

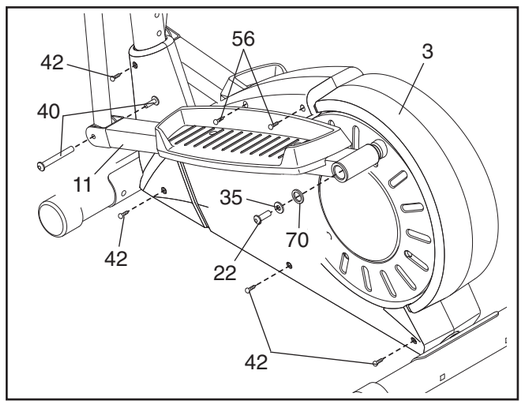
To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **Important: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see step 5 on page 5 and remove the console from the upright. Next, see step 4 on page 5 and insert two batteries into the console. Reattach the console to the upright, being careful not to pinch the wires.

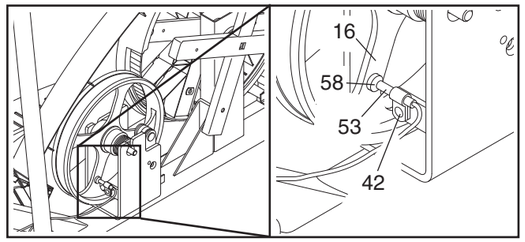
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the Left Pedal Arm (11) and the Left Side Shield (3).



Remove the Pedal Arm Bolt Set (40), the M10 x 25mm Patch Screw (22), the M10 Washer (35), and the Wave Washer (70) from the Left Pedal Arm (11), and remove the Left Pedal Arm. Next, remove the two M4 x 25mm Screws (56) and the four M4 x 16mm Screws (42) from the Left Side Shield (3), and remove the Left Side Shield.

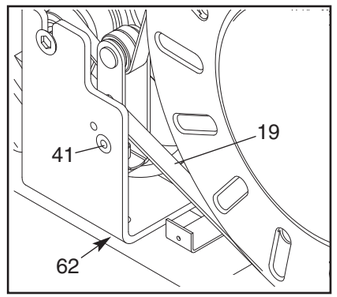
See the drawings below and locate the Reed Switch (53). (Note: For clarity, the left Pedal Disc [15] is not shown.) Loosen, but do not remove, the indicated M4 x 16mm Screw (42). Slide the Reed Switch slightly toward or away from the Magnet (58) on the Flywheel (17), and then retighten the Screw. Turn the Pedal Discs for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield (3) and the Left Pedal Arm (11).



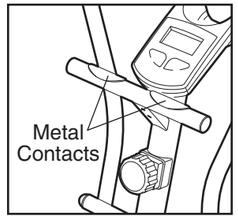
HOW TO ADJUST THE DRIVE BELT

If the pedals slip whilst you are pedaling, even when the resistance is adjusted to the highest setting, the Drive Belt (19) may need to be adjusted. To adjust the Drive Belt, you must first remove the left side shield. See HOW TO ADJUST THE REED SWITCH at the left and remove the left side shield.

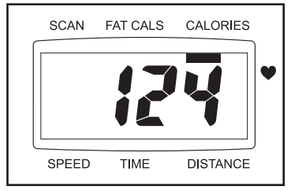
Next, loosen the M8 x 22mm Flat Head Screw (41) and turn the Idler Adjustment Bolt (62) until the Drive Belt (19) is tight. When the Drive Belt is tight, tighten the Flat Head Screw. Reattach the left side shield and the left pedal arm.



3. Measure your heart rate if desired.



If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the left side of the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

⚠ WARNING: The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

4. To turn off the console, simply wait for a few minutes. **The console has an "auto-off" feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.**

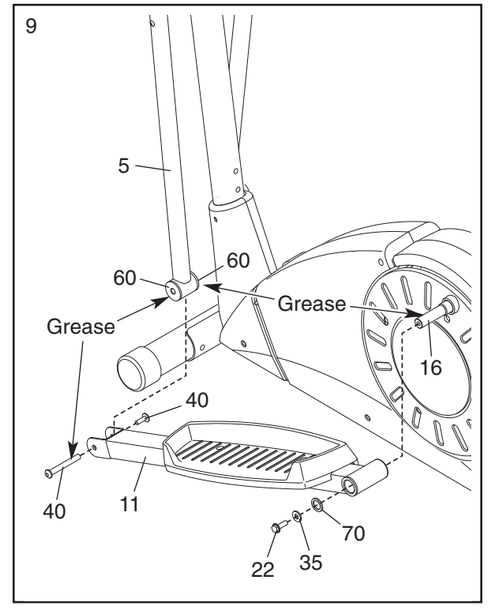
9. Apply a small amount of grease to the axle on the left Disc Crossbar (16). Slide the Left Pedal Arm (11) and a Wave Washer (70) onto the axle. Next, slide an M10 Washer (35) onto an M10 x 25mm Patch Screw (22), and tighten the Patch Screw into the axle.

   Apply a small amount of grease to a Pedal Arm Bolt Set (40) and to the surfaces of the Large Handlebar Bushings (60) in the left Handlebar Arm (5). Next, hold the lower end of the left Handlebar Arm inside of the bracket on the Left Pedal Arm (11). Attach the Left Pedal Arm to the left Handlebar Arm with the Bolt Set. **Do not overtighten the Bolt Set; the Handlebar Arm must pivot freely.**

   Attach the Right Pedal Arm (not shown) to the right side of the elliptical exerciser in the same way.

   See step 6. Tighten the M10 x 68mm Button Bolts (48) in the Upright (2).

   See step 7. Tighten the M6 x 38mm Button Bolts (50) in the Handlebar Arms (5).

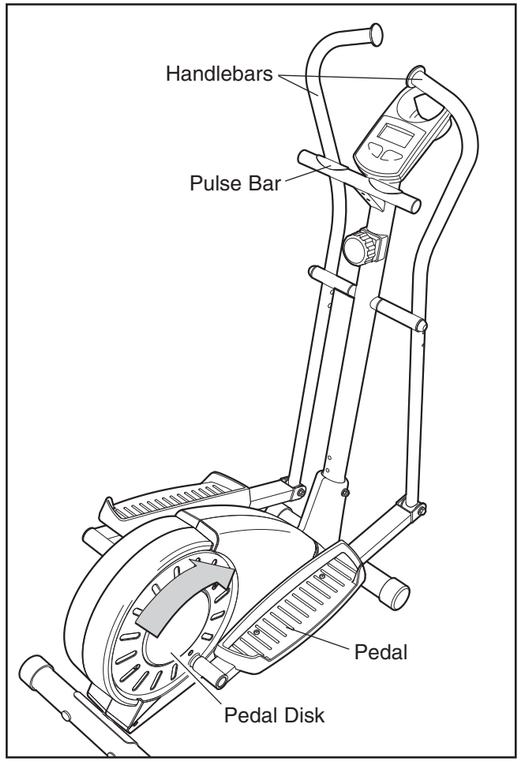


10. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

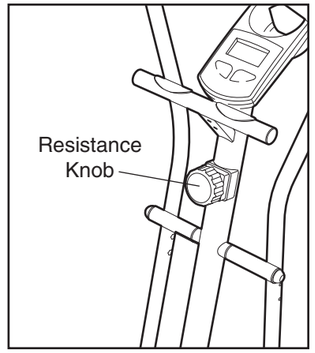
To mount the elliptical exerciser, hold the handlebars or the pulse bar and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow; however, for variety, you may turn the pedal disks in the opposite direction.**



To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

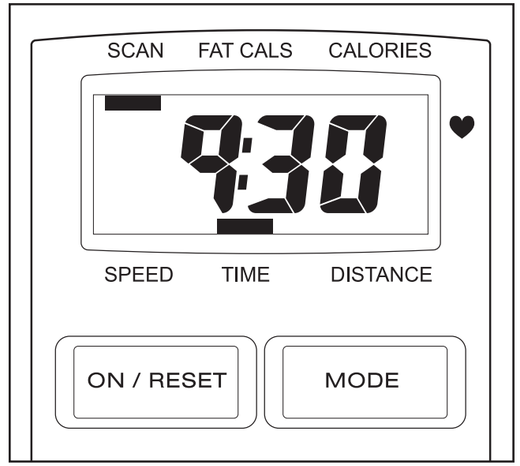
HOW TO ADJUST THE PEDALING RESISTANCE

As you exercise, you can adjust the resistance of the pedals with the resistance knob on the upright. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.



FEATURES OF THE CONSOLE

The easy-to-use console features seven modes that provide instant exercise feedback during your workouts. The modes are described below.



- Speed—This mode displays your pedalling speed, in kilometres per hour or miles per hour.
- Time—This mode displays the elapsed time. Note: If you stop pedalling for a few seconds, the time mode will pause.
- Distance—This mode displays the distance you have pedalled, in kilometres or miles.
- Calories—This mode displays the approximate number of calories you have burned.
- Fat Calories—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 13).
- Pulse—This mode displays your heart rate when you use the pulse sensor.
- Scan—This mode displays the speed, time, distance, calories, fat calories, and pulse modes, for a few seconds each, in a repeating cycle. Note: The pulse mode will be displayed only when the pulse sensor is being used.

HOW TO OPERATE THE CONSOLE

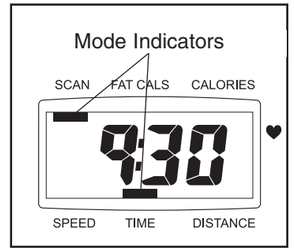
Make sure there are batteries in the console (see BATTERY REPLACEMENT on page 11). If there is a sheet of clear plastic on the console, remove it.

Follow the steps below to operate the console.

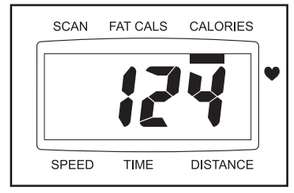
1. To turn on the console, press the ON/RESET button or begin pedalling. The entire display will briefly appear; the console will then be ready for use.

2. Select one of the modes:

Scan mode—When the power is turned on, the scan mode will be selected automatically. A mode indicator will appear below the word SCAN to show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, repeatedly press the MODE button to reselect the scan mode.



Speed, time, distance, calories, or fat calories mode—To select one of these modes for continuous display, repeatedly press the MODE button. The mode indicators will show which mode is selected. Make sure there is not a mode indicator below the word SCAN.



To reset the display, press the ON/RESET button. **Note: The console can display speed and distance in either kilometres or miles. To change the unit of measurement, press the ON/RESET button for about five seconds.** The letters km/h or mph will appear in the display to show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.